

Exercise Therapy

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Physiological Effects of Peripheral Joint Mobilization

Physiological Effects of the of Joint Mobilization

- 1. Stimulations of Receptors to Reduces Pain:** Gentle joint mobilization stimulates joint mechanoreceptors and may inhibit nociceptive transmission, producing an analgesic effect.
- 2. Articulating surface stretching which improves Joint Mobility:** Selective joint gliding stretches restricted capsular and ligamentous tissues and helps restore joint range of motion.
- 3. joint nutrition to maintain Joint and Cartilage Health:** Joint movement circulates synovial fluid, facilitating nutrient exchange and helping maintain the health of articular cartilage and intra-articular fibrocartilage.
- 4. Stretching of joint surfaces which prevents Joint Stiffness and Contracture:** Regular joint motion helps prevent adhesions, capsular shortening, and connective-tissue contracture associated with immobilization.
- 5. Maintains Tissue Extensibility and Strength:** Joint movement helps maintain the extensibility and tensile strength of capsular, ligamentous, and other periarticular tissues.
- 6. Improves Proprioception:** Stimulation of joint receptors provides sensory information about joint position, movement, speed, and direction.
- 7. Regulates Muscle Tone:** Afferent input from joint receptors contributes to appropriate regulation of muscle tone and neuromuscular control.
- 8. Promotes Joint Nutrition and Fluid Movement:** Oscillatory and gliding movements facilitate synovial fluid movement, supporting metabolic exchange within the joint.
- 9. Reduces Effects of Immobilization:** Joint mobilization helps limit the development of adhesions, tissue weakening, cartilage atrophy, and loss of joint mobility associated with prolonged immobilization.

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Reference:

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